

### Claims

What is claimed is:

1. A food composition to be consumed by a living object, said food composition comprises anchovy, wherein the anchovy has reduced concentration of heavy metals.
2. The food composition of claim 1, wherein the heavy metal is arsenic.
3. The food composition of claim 1, wherein the anchovy is in the form of a dry powder.
4. The food composition of claim 1, wherein the living object is human.
5. Anchovy processed to be consumed by a living object, said anchovy has reduced concentrations of heavy metals.
6. The anchovy of claim 5, wherein the heavy metal is arsenic.
7. The anchovy of claim 5, wherein the living object is human.
8. A dry anchovy powder to be consumed by a living object, the powder having reduced concentration of heavy metals.
9. The dry anchovy powder of claim 8, wherein the heavy metal is arsenic.
10. The dry anchovy powder of claim 8, wherein the living object is human.
11. A method for reducing the concentration of heavy metals in anchovy prior to be consumed by a living object, said method comprising of soaking and washing the anchovy in an aqueous solution.

12. The method of claim 11, wherein the anchovy is semi-dry.
13. The method of claim 11, wherein the soaking and washing are done by changing the aqueous solution in preset intervals.
14. The method of claim 11, wherein the soaking and washing are done by continuously running the fresh water over the anchovies.
15. The method of claims 13 or 14, wherein aqueous solution is fresh water.
16. The method of claim 11, wherein the heavy metal is arsenic.
17. The method of claim 11, wherein the living object is human.
18. A method for manufacturing a dry anchovy powder to be consumed by a living object, wherein the dry anchovy powder has reduced concentration of heavy metals, the method comprising the following steps of:
  - picking and choosing clean semi-dry anchovies with good quality;
  - soaking and washing the semi-dry anchovies in aqueous solution;
  - drying the soaked and washed anchovies; and
  - making the dry anchovy powder.
19. The method of claim 18, wherein the soaking and washing is done by changing the aqueous solution in preset intervals.
20. The method of claim 18, wherein the soaking and changing is done by continuously running the aqueous solution over the anchovies.
21. The method of claims 19 or 20, wherein aqueous solution is fresh water.

22. The method of claim 18, wherein the heavy metal is arsenic.
23. The method of claim 18, wherein the living object is human.